



USAREC EFMP SYSTEMS NAVIGATION

USAREC EFMP COMMUNITY NEWSLETTER

Hello from HQ!

Special points of interest:

- It's Spring!!
- PCS orders? Give us a call!
- Month of the Military Child
- Autism Awareness Month
- Child Abuse Prevention

All of us here at USAREC HQ are super excited that Spring has sprung! Days are starting to be longer and the sun is starting to feel warmer. The two of us System Navigators have been taking advantage of it by taking walks outside on our lunch break and at home in the evenings by doing some much needed winter clean-up and landscaping.

We hope that all of you are enjoying Spring and the newness and freshness that it brings as well! We know that with Spring and Summer comes PCS season, so for those of you who have received orders, please give us a call or send us an email—we will be more than happy to research the new area for you to help you locate providers, get information on services, schools, support, or whatever you may need. We know you have a million other things to do right now, so let us take some of the load off!



Like our Facebook page
<https://www.facebook.com/usarecefmpsn>

April: Month of the Military Child

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Celebrate Month of the Military Child by spending extra quality time with your Children this month. Show your Children how much you appreciate them by connecting with them in ways that they'll remember!

Here are some free and affordable ideas:

- 1) Help your child create their own scrapbook of their experiences as a Military Child
- 2) Have a Family Game Night and let your Child choose the games and meal for the night.
- 3) Create a piece of artwork with your child in honor of their service as a Military Child and hang it in a prominent place in your home.



For games, activities, connection with other Military Kids, and more, check out [Military Kids Connect!](#)

April: Autism Awareness Month



“In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community. Join the Autism Society in getting involved with the autism community this April.”

Here are some ideas to participate in Autism Awareness:

- 1) Display the Autism Awareness ribbon, which can be found [here](#).
- 2) Contact your local state and federal representatives and ask them to “Vote 4 Autism”. More information can be found [here](#).
- 3) Visit [IPower4Autism](#) for ideas on how to create your

Did you know that AMC theaters help to create Sensory Friendly Films for Children with Autism?

Please visit: <http://www.autism-society.org/get-involved/events/sensory-friendly-films/> to find participating theaters.

For more information on Autism and to find support, please visit: <http://www.autism-society.org/about-us/national-autism-awareness-month/>



Child Abuse Prevention

What to do to help prevent negative reactions with your kids:

- Recognize what makes you get frustrated
- Make a commitment not to lose it
- Expect that your child is going to “push your buttons”.
- Prepare ahead of time—“How am I going to handle it?”
- Ask yourself what has helped or not helped in the past.
- Take a breath—Get yourself under control before you respond
- When you are under control, your kids will also usually calm down

Read a full description of these and more ideas at EmpoweringParents.com, [Calm Parenting](http://CalmParenting.com): How to Get Control When Your Child is Making You Angry

Have you heard the latest advice about parenting?

Of course you have. From experts to other parents, people are always ready to give you parenting advice. But with so much information available, how can anyone figure out what *really* works?

What’s a parent to do?

Try RPM3—a no-frills approach to parenting from the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD).

The RPM3 guidelines aren’t meant to be just another parenting “how to,” telling you what to do. Instead, RPM3 separates the useful information from the not-so-useful so that you can make your own decisions about parenting. RPM3 confirms something that you already know: parents *do* matter. *You* matter.

RPM3 Stands For

Responding to your child in an appropriate manner.

Preventing risky behavior or problems before they arise.

Monitoring your child’s contact with his or her surrounding world.

Mentoring your child to support and encourage desired behaviors.

Modeling your own behavior to provide a consistent, positive example for your child.

To learn more about the RPM3 approach, please visit: http://www.nichd.nih.gov/publications/pubs/adv_in_parenting/Pages/parenting_advice.aspx and visit [here](#) for more information on Child abuse prevention



Spring Allergies & Asthma



**2016 National
ASTHMA & ALLERGY
Awareness Month**

May: National Asthma & Allergy Month

Do you suffer from Springtime allergies? Are You Making Your Allergies Worse?

Air filters, summer breezes, pro-crastination, and self-medication – each can delay relief from a stuffy nose, sneezing, sniffing, or other allergy symptoms. Be on the lookout for the following allergy-aggravating culprits.



Using the wrong air filter

Using an air filter to keep your home pollen-free is a good idea, but be sure it's the right kind. Whole-house filtration systems do work, but change the filters regularly or you could be doing more harm than good.

Opening your windows

When your windows are open, the pollen can drift inside, settle into your carpet, furniture, or car upholstery, and continue to torture you. So keep your house and car windows shut during allergy season.

Procrastinating

You may think you can put off or even do without medication, but the next thing you know, you're stuffed up, sneezing, and downright miserable. Instead, get the jump on allergies by taking your medication before the season gets under way.

Self medicating

Perhaps you're not sure exactly what's making you feel awful, so you switch from one medication to the next hoping for relief. Your best bet is to see an allergist, who can determine just what's triggering your symptoms and suggest treatment. You might even benefit from allergy shots, which can stop your symptoms altogether.

Article Source: http://copingmag.com/ana/index.php/quickLinks/quickArticle/5_surprising_summer_allergy_and_asthma_triggers/Seasonal

For more information on National Asthma & Allergy Month visit <http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx>

Spring Allergy Rules to Live By

- Know your triggers
- Monitor pollen and mold counts
- Keep your windows and doors shut
- Stay inside during the afternoon
- Take a shower, wash your hair and change your clothes after being outdoors
- Wear a mask when doing outdoor chores

Online Resources

- The USAREC Soldier and Family Programs support Soldiers and Families assigned to USAREC <http://www.usarec.army.mil/hq/HRD/SFA/index.shtml>
- 211 is a free and confidential services that helps people across North America find local resources they need <http://www.211.org/>



- Special Needs Resource Project (SNRP) provides a basic guide for parents of children with chronic health issues, disabilities and special needs. This site is designed to help you get a jump-start in your search for helpful information and resources. <http://www.snrproject.com/>

Kid's Korner

Springtime Jokes

(Answers at bottom of page)

Q1. When do monkeys fall from the sky?

Q2. What flowers grow on faces?

Q3. Why is the letter A like a flower?

Q4. Why is everyone tired on April 1st?



Answers to Jokes:

1. During Ape-ri! showers
2. Two-lips.
3. A bee (B) comes after it
4. Because they just finished a 31 day-long March

Riddles:

R1: I come down, but don't go up. However, there's something that goes up, when I come down.

What am I? (What goes up?)

R2: I occur once in a minute, twice in a moment, and never in a thousand years.

What am I?

R3: I am so delicate that saying my name breaks me.

What am I?

Answers to Riddles:

1. Rain (Umbrellas)
2. The letter "m"
3. Silence

Spring Activities

GET OUTSIDE: "Are your kids looking for some fun things to do outside and you need ideas? Or would they rather stay inside, glued to the TV or computer, and you want to fix that?"

Check out this article: [10 Ways to Tempt Your Kids to Go Outside and Play:](#)



THE OFFICIAL FLOWER OF THE MILITARY CHILD IS THE DANDELION. WHY?

Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the Army..... planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Military children are well-rounded, culturally aware, tolerant, and extremely resilient, they have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world.

They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.

Spring Craft



Get instructions and additional ideas [here](#).